

## Positive Alternatives 2015 - 16 Quarterly Update

**Grantee:** Young Women's Christian Association of Duluth

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**Goal:** To provide necessary services to pregnant and parenting women in Duluth and surrounding areas

**For the period:** April 01, 2015-June 30, 2015

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Administrative Activities</b>	Hire and train program staff; Complete grant reporting forms; attend required grant meetings		Continue to provide on-going training and support for program staff. There has been no program staff turnover this quarter, staff continue to work receive monthly reflection with program director. Completed all grant reporting forms that were requested.	
<b>Outreach</b>	Maintain waiting list and provide any needed assistance or advocacy to women on that list; provide community education and maintain visibility in community; collaborate with community service providers		An on-going wait list is maintained by case manager, contact with women on list continues to be at least monthly. Women on waitlist are encouraged to participate in educational programming and have access to necessary services. Program staff maintains visibility in the community, collaborating with additional service providers, as well as speaking engagements with outside organizations.	
<b>Car Seat Program</b>	Provide car seat education; provide car seats for women	5	Seven current program participants and 1 former resident received car seat education this quarter through St. Louis County. There were no car seats given to program participants during the quarter.	8
<b>Case Management Services</b>	Provide participants with ILSP (Individual Living Skills Plan); review and update ILSP's on quarterly basis; provide transportation for medical and advocacy appointments; maintain wait list; following up	5	Seven current program participants worked with Case Manager to create and/or update ILSP's. Case Manager has provided transportation assistance for women on program waitlist, current residents, and past participants for medical appointments, therapy, school, and etc. Case manager maintains monthly contact with women on program wait list.	7

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	with wait list participants monthly			
<b>Child Care</b>	Provide assistance with securing safe and affordable childcare; provide childcare assistance in specified circumstances	4	Worked with 4 program participants on securing and/or completing proper paperwork necessary to maintain childcare assistance. Provided all of the above residents with emergency childcare assistance to maintain consistent & safe caregivers for their child.	4
<b>Crib Distribution/ Sleep Safety Education</b>	Provide pack and plays; provide sleep safety education	5	Seven program participants and all staff were provided sleep safety education. One program participant received a pack and play.	7
<b>Education Assistance</b>	Provide daily tutoring services; provide education planning assistance ; provide assistance with completing grant/scholarship forms; provide assistance with college visits and tours	5	Five participants received education assistance this quarter. Staff worked with women on schedule planning for Fall semester, FAFSA online application process, and providing tutoring for women.	5
<b>Employment Assistance</b>	Provide assistance with resume building; provide assistance with job search; practice mock interviewing; refer to community employment services	5	Provided employment assistance to seven program participants this quarter. Assistance that was given was with resume building, job search and advocacy with the Department of Workforce Development.	7
<b>Financial Assistance</b>	Provide help & advocacy with financial assistance application process; provide financial assistance for basic needs	5	Assisted 5 participants with either completing initial application for MFIP or monthly income reporting to maintain in compliance with county. Provided several residents with basic need items this quarter.	5

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<b>Housing Assistance</b>	Provide assistance securing safe and affordable housing; Provide residential housing and maintain 7 apartments	5	Maintain seven efficiency apartments in supportive housing program. Provided assistance to those residents transitioning into independent living, with application assistance as well as advocacy for housing denials.	9
<b>Life-Skills Education Program</b>	<b>Provide 2 weekly life skill groups; provide a life skill learning environment; provide all participants with ILSP and quarterly updates</b>	5	Provided seven resident s with life skill education 2x per week. Each resident participates in creating initial ILSP and quarterly updating.	7
<b>Material Support</b>	<b>Provide basic needs such as food, diapers, baby, and maternity needs; provide assistance in obtaining basic needs from other resources</b>	5	5 program participants were provided material support this quarter, such as diapers and wipes. Staff provided additional referral resources to participants to obtain additional basic need items.	5
<b>Mental Health</b>	<b>Provide referrals for mental health assessments; provide assistance with any mental health treatment</b>	3	Provided 1 resident with mental health referral and assistance making appointment with therapist, as well as picking up prescription.	1
<b>Nutrition</b>	<b>Provide nutrition education; provide access to fresh produce through garden project; provide food when needed</b>	5	All participants in residential program had access to plot in community garden where they receive education through UM Extension Office on planting and gardening. Each participant received weekly nutrition education.	7
<b>Parenting Education</b>	<b>Provide parenting education classes; provide Circle of Security attachment based parenting groups; provide one to one parenting support; provide assistance in enrolling children in Early Childhood Center and Head</b>	5	Eight program participants received clinical Circle of Security parenting interventions weekly. Each participant also received sleep safety (SUID) education, shaken baby, and child abuse prevention education; which are provided on a quarterly basis. All staff have been trained in the COS and provide one on one parenting support to all program participants regularly.	8

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	<b>Start Program</b>			
<b>Pregnancy Education</b>	<b>Provide assistance with birth plans; provide assistance with obtaining a Doula and support for taking Birthing Classes through local hospitals; provide pregnancy education; support prenatal health and wellness</b>	2 - 3	Provided 1 resident with assistance obtaining a doula and creating a birth plan. Resident received one on one support from YWCA Health & Wellness Director as well as pregnancy education. Participant received referral to Public Health to access public health nurse.	1
<b>Provide Necessary Services Assessments Only</b>	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	5	Provided intake assessments to nine women this quarter, each woman was placed on the residential wait list and were referred to additional service providers. Wait list participants have access to all program resources (parenting, basic needs, etc).	9
<b>Transportation</b>	Provide transportation to and from appointments; provide bus passes; provide assistance with obtaining a driver's license	5	Staff provided transportation to appointments for six program participants. Assisted 1 of these women with obtaining her drivers permit and another with practicing for her driving test. Bus passes were provided to several residents on an 'as needed' basis.	6

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	8
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	8
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	8

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	1
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	6

### **Challenges**

### **Comments:**